

Rules & Standards

- Please wear appropriate workout swim attire. Due to the type of figures and drills, bikinis would not be considered appropriate.
- Swimmer must be able to complete 25 yards of freestyle and backstroke with decent form.
- Failure to attend routine practices may result in being dropped from the routine.
- Everyone must wear a black one-piece bathing suit for show nights.
- A parent must sign the Emergency Form.
- Everyone must be on time.
- All swimmers need to wear shorts or cover-ups during stretches.
- Always leave the locker room clean.
- Parents, siblings, and friends are not allowed on the deck during practice due to safety issues.
- No running on the deck.
- Do not chew gum at the pool